

This table shows a comparison of what AQI and WAQA show as health effects of air pollution at different levels.

<b>Category</b>	<b>EPA AQI</b>	<b>WAQA</b>
Good	None	None
Moderate	Unusually sensitive people should consider reducing prolonged and heavy exertion.	Some people with lung and heart disease, stroke, diabetes, or a current respiratory infection may be sensitive to air pollution at this level and should consider limiting outdoor activity
Unhealthy for Sensitive Groups	People with heart or lung disease, older adults, children should reduce prolonged or heavy exertion	People with lung and heart disease, stroke, diabetes or a current respiratory infection, infants, children, and older adults, should limit outdoor activity.
Unhealthy	People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.	Everyone should try and limit outdoor activity. If possible, people with lung and heart disease, stroke, or respiratory infections, infants, children, and older adults should stay indoors
Very unhealthy	People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.	Everyone should try to stay inside. People with lung and heart disease, stroke, diabetes, or a current respiratory infection should limit indoor activity levels low. Shut windows and doors if it is not too hot. Set air conditioners on the recirculate mode if this is available.
Hazardous	People with heart or lung disease, older adults, and children should remain indoors and keep activity levels low. Everyone else should avoid all physical activity outdoors	Everyone should try to stay indoors. Limit physical activity. Shut windows and doors, if it is not too hot. Set air conditioners on the recirculate mode if this is available. If it is too hot to shut windows and doors, consider leaving the area until air quality improves.

## **How does unhealthy air affect people?**

Fine particulate matter is a major air pollutant that has been shown to cause a number of health symptoms and complications. People will have difficulties breathing polluted air depending on their age and their health. People most sensitive to air pollution include:

- Infants and children
- Older adults (those 65 and older)
- People with lung and heart disease, stroke, diabetes, or those with a current respiratory infection.

People sensitive to air pollution may experience problems sooner and at lower levels of pollution. When people are active they breathe more air into their bodies. If air pollution levels rise, they will take in more pollutants. The amount of outdoor activity that may cause difficulties for people will be different. For example, when air pollution levels rise, daily activities such as walking the dog may cause problems for some people. Others may not be affected until doing more strenuous activity such as running. People should limit outdoor activity depending on how air quality affects them.